

Feeling Your Feelings: Self-Compassion

Coping Skills Class



Feeling Your Feelings: What is it?

Feeling is a skill that helps us strike a balance between sticking and stuffing our feelings.

Sticking

Feeling

Stuffing

Feeling Your Feelings: Sticking

Sticking

Feeling

Stuffing

Sticking is a relationship we can have with our emotions in which we are fused with thoughts and feelings, have trouble letting them go, and believe them to be true.



Feeling Your Feelings: Stuffing

Sticking

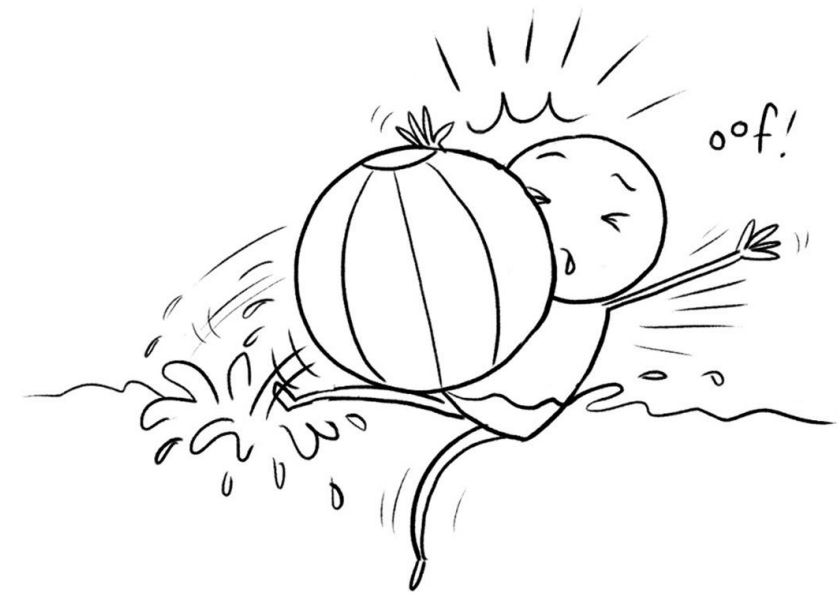
Feeling

Stuffing

A relationship we can have with our emotions in which we do not recognize, validate, or allow them to exist, often causing them to build up in the background.



PUSHING AWAY
DIFFICULT THOUGHTS FEELINGS AND EMOTIONS...



DOES NOT MAKE THEM GO AWAY...
IT CAN MAKE THINGS MORE DIFFICULT !

Feeling Your Feelings: Feeling

Sticking

Feeling

Stuffing

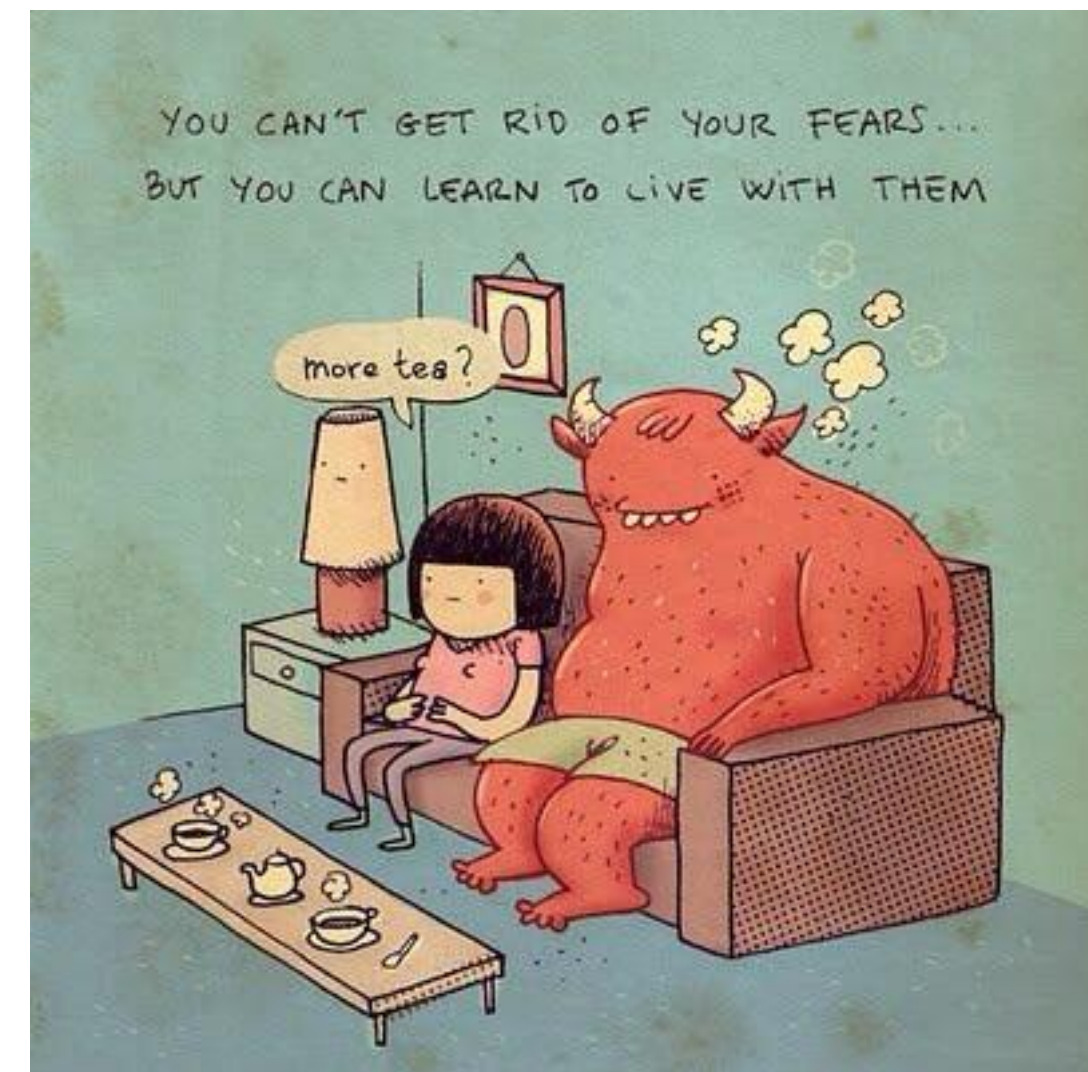
A relationship we can have with our emotions in which we accept them just as they are, without judgement, and with self-compassion.



YOU DON'T HAVE TO LIKE THEM OR WANT THEM..
YOU MAY WISH THEY WERE NOT HERE



BUT COULD YOU BE WILLING
TO ALLOW THEM TO BE HERE...
SO YOU CAN GET ON WITH
WHAT TRULY MATTERS TO YOU ?



Feeling: Self-Compassion

Self-compassion is both a skill and a perspective we can develop to strike a balance between sticking and stuffing.

“Self-compassion involves being kind to oneself when confronting personal inadequacies or situational difficulties, framing the imperfection of life in terms of common humanity, and being mindful of negative emotions so that one neither suppresses nor ruminates on them.”

“Self-compassion is an emotionally positive self-attitude that should protect against the negative consequences of self-judgment, isolation, and rumination”



Dr. Kristin Neff

Self-Compassion: Three Elements

Self-compassion has three elements: self-kindness, common humanity, and mindfulness.

Self-kindness vs self-judgment

Self-compassion means being kind and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism. We're warm and supportive when confronted with the imperfection of life rather than cold or harsh.

Common humanity vs isolation

Self-compassion is rooted in our common humanity. When we struggle or make mistakes, there's often an irrational but pervasive sense of isolation – as if “I” were the only person in the world having this painful experience. All humans suffer, however. When we are self-compassionate, we recognize that our suffering connects us rather than separates us from others.

Mindfulness vs over-identification

Self-compassion requires taking a balanced, mindful approach to our suffering so that we neither suppress or exaggerate it. Mindfulness allows us to turn toward our pain with acceptance of the present moment reality. It prevents us from becoming “over-identified” with difficult thoughts and feelings, so we aren't swept away by negative reactivity.



Quiz time!

Click the link in the chat and take the Self-Compassion Test.

Take note of your overall score and your scores in each area of self-compassion.

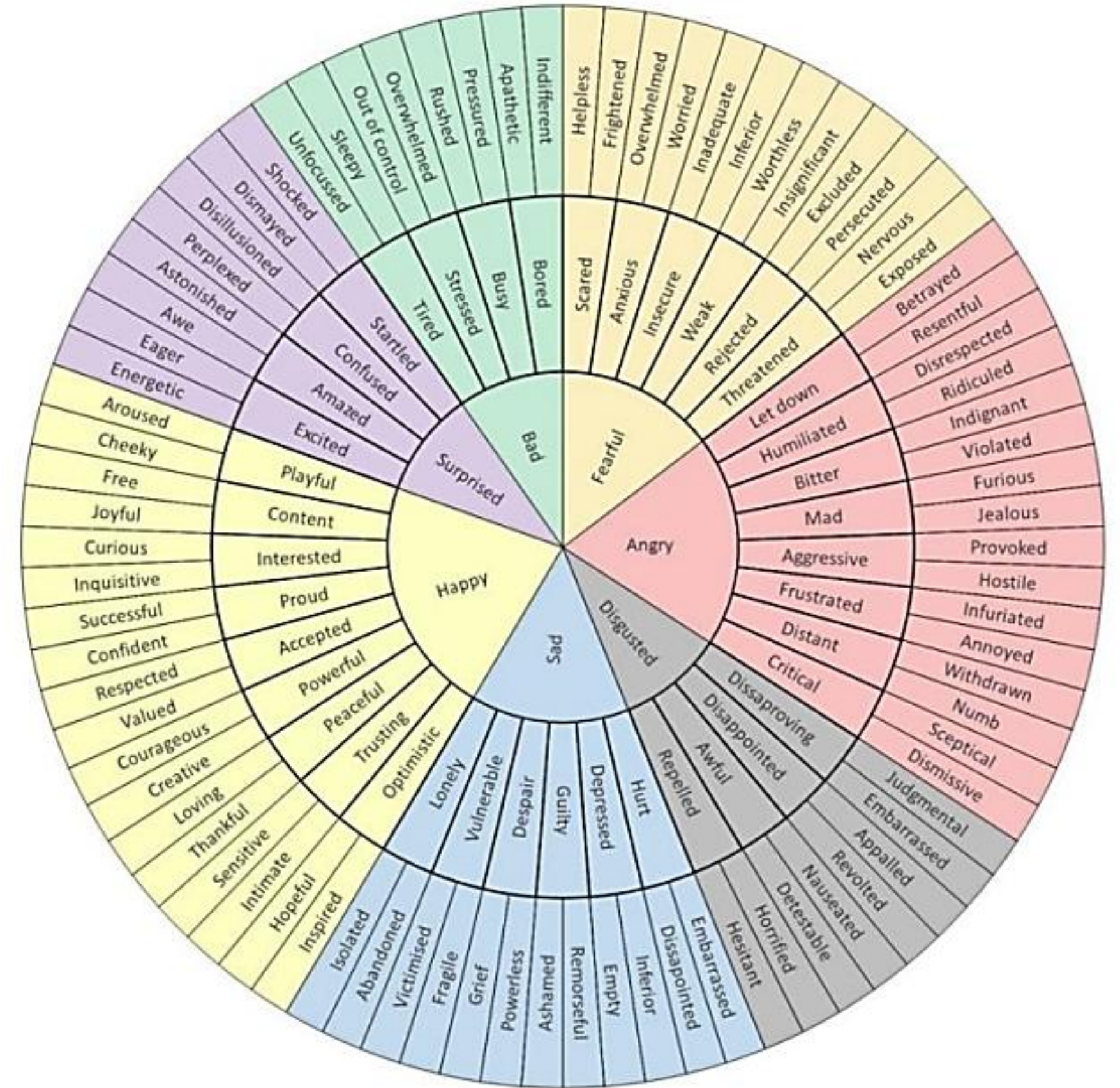


Self-Compassion: Observe Your Emotions

Self-compassion asks us to acknowledge our emotions without judging them.

You can acknowledge your emotions by observing them and putting a name to them.

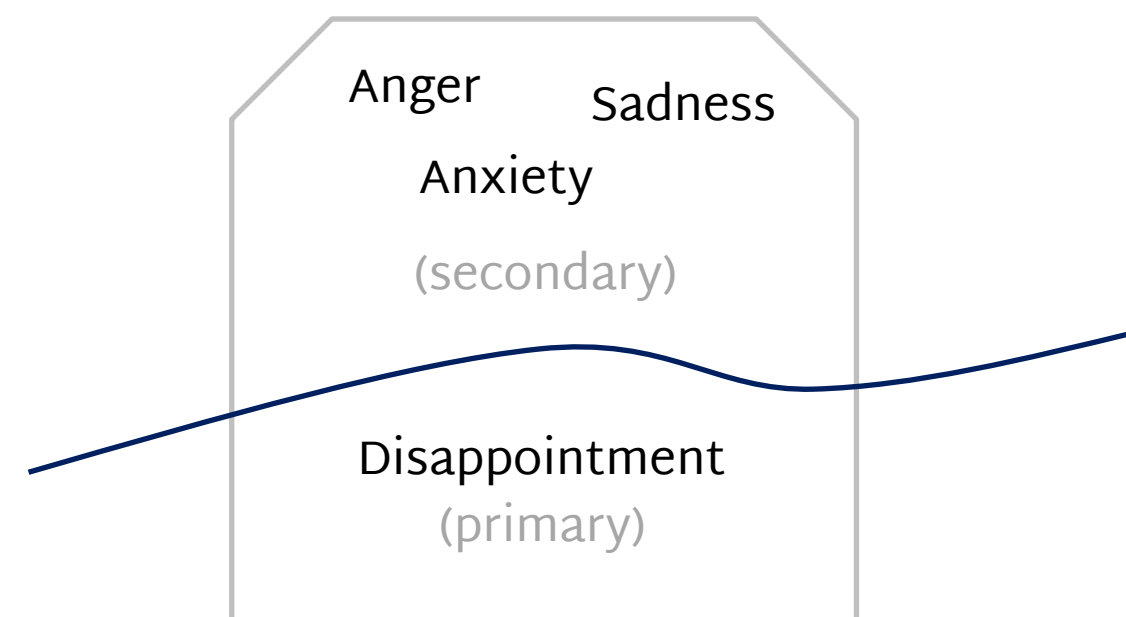
Use the Observe and Describe worksheet for guidance.



Self-Compassion: Allow Your Emotions

Self-compassion asks us to allow our emotions to exist just as they are instead of resisting them.

The goal is to acknowledge and allow the primary emotion and spend less time on the secondary emotions, which often come from judging the primary.



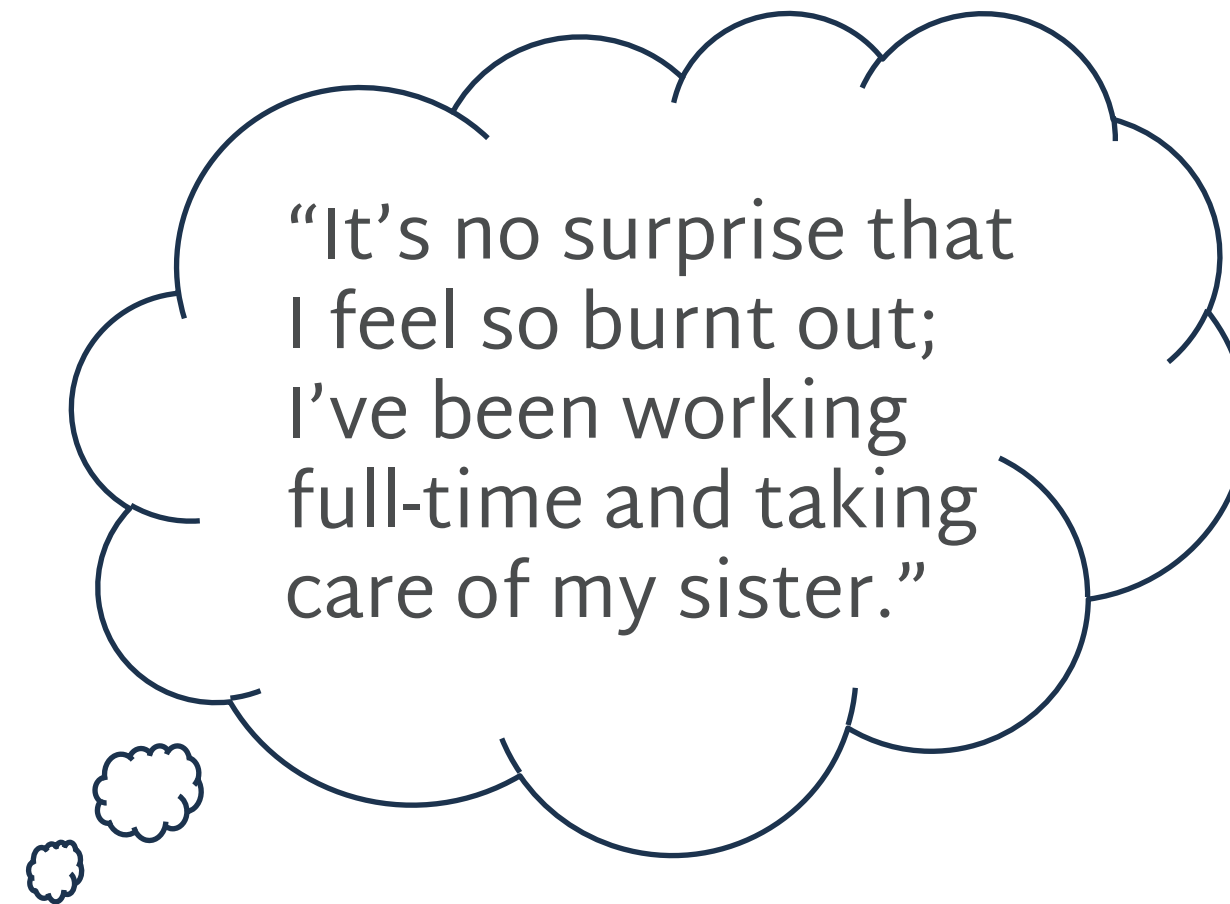
Statements to allow your emotion:

1. It is okay to feel the way I do right now.
2. I am allowed to experience this emotion.
3. Just because I feel this emotion doesn't mean I have to do anything about it.
4. This will pass, but for now this emotion is here.
5. This emotion is uncomfortable, and it won't hurt me.

Self-Compassion: Understand Your Emotions

Self-compassion asks us to lend understanding and validation to our emotions.

We may spend so much time judging our emotions and what led to them that we lose out on taking the time to understand why we're validly feeling that way.



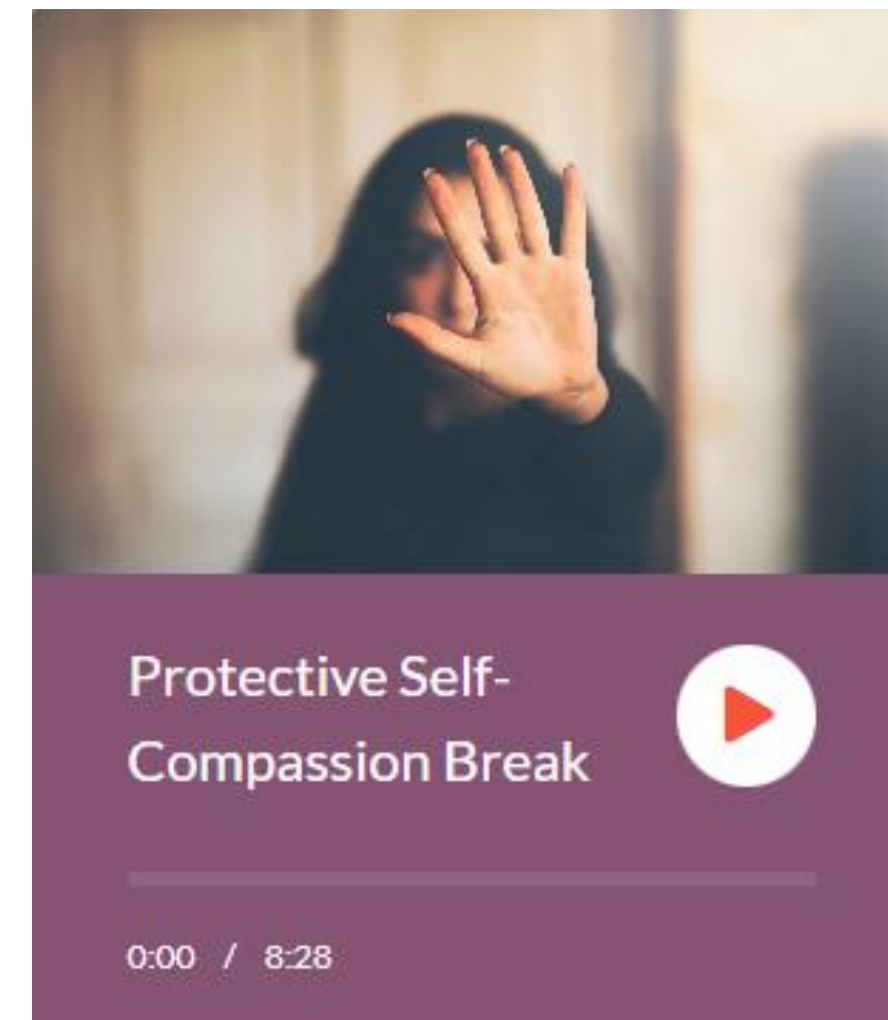
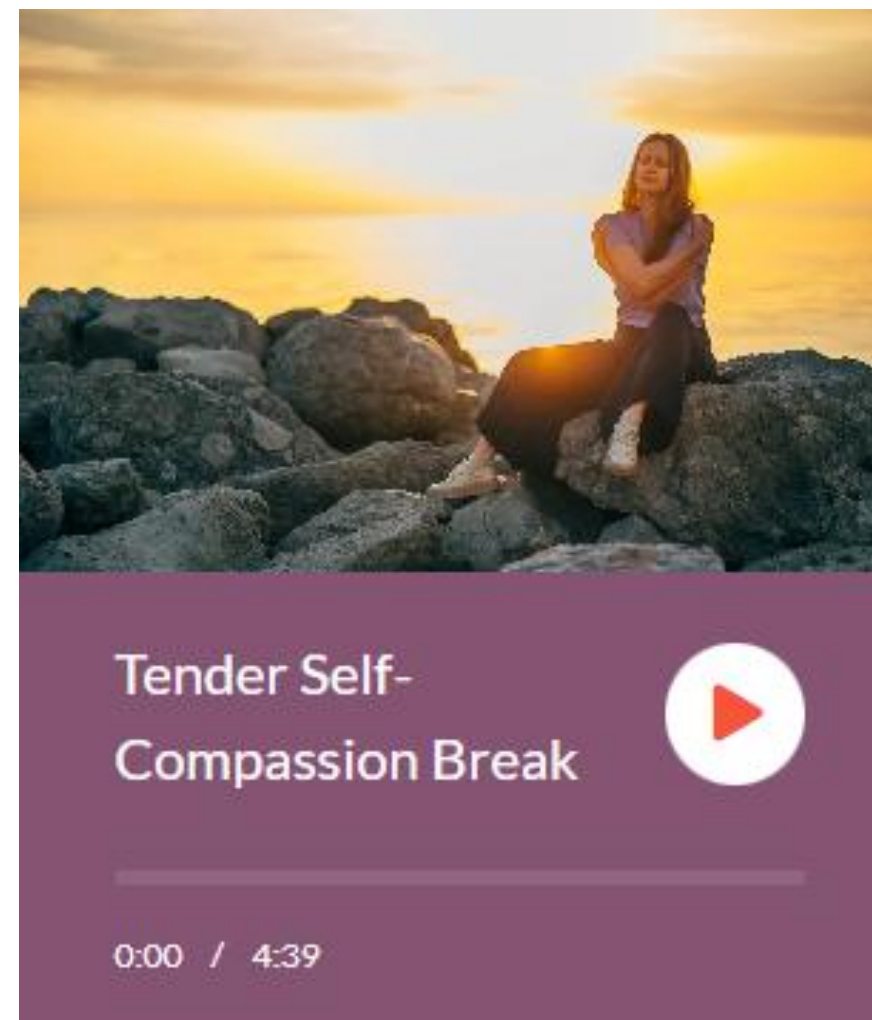
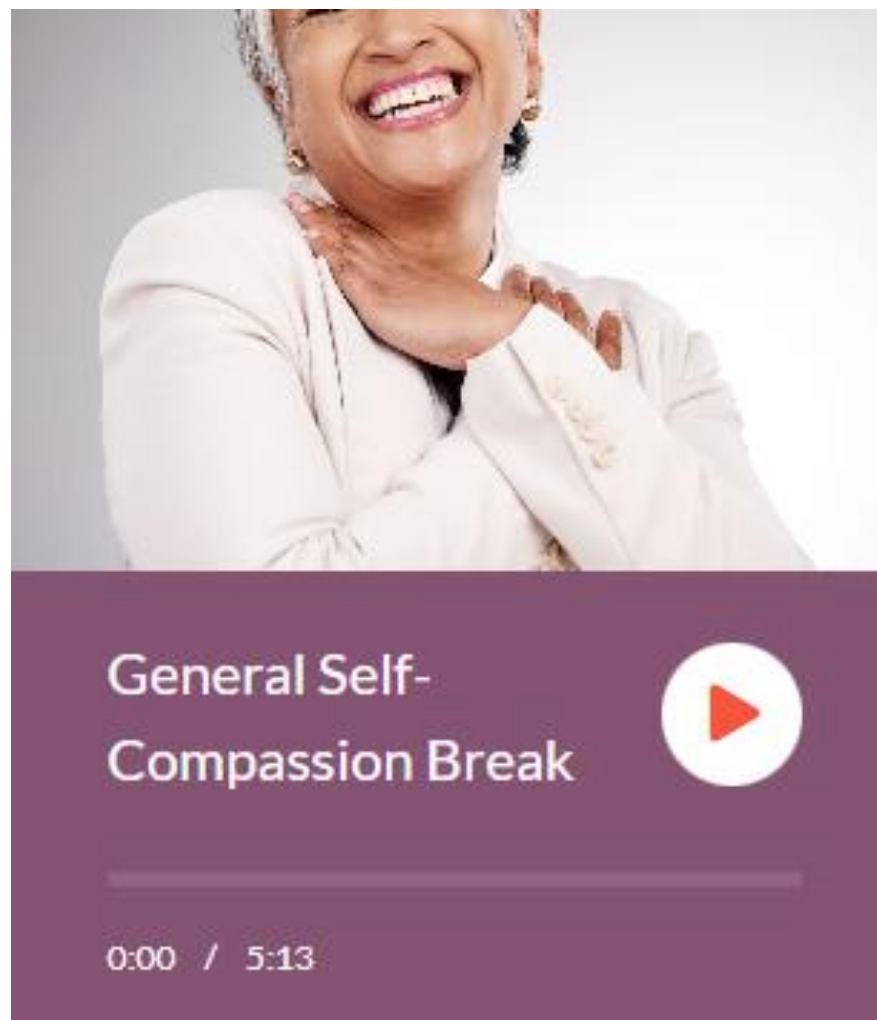
Self-Compassion: Practice

Think of a recent time you had a strong emotion arise.

1. **Acknowledge:** What were you feeling?
2. **Allow:** What would it sound like to just let your emotion be there instead of judging it or wishing it was different?
3. **Understand:** Consider why your emotion makes sense.



Self-Compassion: Guided Meditations





Exercise 1: How would you treat a friend?

How do you think things might change if you treated yourself in the same way you typically treat a close friend when they're suffering? This exercise walks you through it.



Exercise 2: Self-Compassion Break

This exercise can be used any time of day or night and will help you remember to apply the three aspects of self-compassion to your distress when you need it.



Exercise 3: Exploring self-compassion through writing

Everybody has things about themselves that they don't like. In this exercise you'll write a letter to yourself about your human imperfection with acceptance and compassion.



Exercise 4: Supportive Touch

In this exercise you will learn how to activate your parasympathetic nervous system by using physical touch. Soothing and supportive touch can help you feel calm, cared for and safe.



Exercise 5: Changing your critical self-talk

This exercise will help you acknowledge your self-critical voice and reframe its observations in a more friendly way, so you can change the blueprint for how you relate to yourself.



Exercise 6: Self-Compassion Journal

Keeping a daily journal is a useful exercise which can help you process the difficult events of your day through a lens of self-compassion, enhancing both mental and physical well-being.

FREE VIDEO SERIES

WITH KRISTIN NEFF, PHD, AND CHRIS GERMER, PHD



The 5-Day Self-Compassion Challenge

See what's possible when you treat yourself with kindness

TAKE THE CHALLENGE

We could all use more self-compassion in our lives. It has the power to free us from critical thoughts and harsh self-judgments, and it can make a profound difference in how we live in this world and relate to others.

A great introduction to the benefits of self-compassion, **The 5-Day Self-Compassion Challenge** features lively 10-minute video sessions to help you apply this transformative practice to your life.

**Join Kristin and Chris for the free
5-Day Self-Compassion Challenge!**

START NOW